

Read Exodus 20:8-11

What stood out or challenged you from Jerry's sermon or these verses?

Deep down, do you believe all types of work, including yours, is important to God? How can we know that?

Do you find it more difficult to rest from work or to rest in the Lord? *(note: not all physical rest is spiritual restful. Another way to ask this would be to talk about the difference of physical and spiritual rest and the obstacles that accompany them).*

What does it practically mean to "rest in the Lord"?

What are some things you try to find rest in apart from the Lord?

Resting in the Lord reminds us that we are dependent on the Lord for everything.

What are some things you can believe you are self-sufficient in?

What are ways that you currently on a weekly basis "rest in the Lord"? If you don't, what is one way you can this week?

What does it mean that Jesus called Himself the "Lord of the Sabbath"?

Men's/Women's Time

Have a time of sharing. *(i.e. Share highs/lows in this season, needs in your home/community, etc.)*

PRAY for one another.